

Claims

1. Shaped product (2), such as a carrier or container, consisting of potato or rice, and intended for accommodating an edible topping (3) or filling, such as meat, fish, vegetables and the like, characterized in that the external surface (4) comprises a coating of egg product and/or fat product.
2. Product according to Claim 1, in which the external surface (4) comprises a coating of breadcrumbs.
3. Product according to one of the preceding claims, in which the soft inside (5) comprises a boiled, pre-cooked rice product.
4. Product according to one of the preceding claims, in which the soft inside (5) comprises a boiled, pre-cooked potato product.
5. Product according to one of the preceding claims, in which the soft inside (5) comprises vegetables and herbs.
6. Product according to one of the preceding claims, comprising a bottom (6) with a raised peripheral edge (7).
7. Method for preparing a food product, comprising the following steps:
 - the provision of a shaped product (2), such as a carrier or container consisting of potato or rice, and intended for accommodating an edible topping (3) or filling, such as meat, fish, vegetables and the like;
 - the coating of the shaped product (2) with egg and/or fat;
 - the coating of the shaped product (2) with breadcrumbs;
 - the heating of the shaped product (2).
8. Method according to Claim 7, comprising heating by immersion in hot oil and/or hot liquid fat.
9. Method according to Claim 7 or 8, comprising heating by microwaving or hot air.

10. Method according to one of Claims 7-9, comprising the provision of a filling or topping, such as meat, fish, vegetables or a combination of the latter.